



NEW HORIZONS

HEALTHY EATING FOR THE HOLIDAYS

The holidays are here, and so are the festive (yet not completely healthy for you) food options! Please join us for simple tips on what to pile on your plate, what to limit, and smart swaps for a happier holiday.

Presentation by Domonique Byrd, the Wellness Coordinator with assistance from Courtney Jollie, the Nutritionist at the Rural Health Network!

TUESDAY, DECEMBER 30TH AT 1:00 PM
ELLENVILLE SENIOR HOUSING COMMUNITY ROOM
15 HEALTHY WAY ELLENVILLE, NY
PLEASE REGISTER BY DECEMBER 22TH
CALL (845) 647-6400 EXT 215

